

A Challenge Repeat!

Supercharge Your Gut!

The 30 Plant Foods Challenge



Can YOU eat 30 Different Plant Foods in a Week?

We all know that eating plants is good for us and “Research has shown there are a variety of health benefits that are associated with eating 30 or more **different** plant foods each week. The American Gut Project found that **people who consumed 30 or more plant foods each week had a more diverse gut microbiome compared to people who consumed 10 or less**”. Eating many different plant foods improves our gut health by encouraging the growth of different species of bacteria that live, work and play there, especially the healthy, beneficial (good) bacteria.

WHAT: THE CHALLENGE

It's as simple as eating up to 30 different plants in a 7-day period during **Waabgonii Giizis, or Blossoming Moon, May 30th through June 28th**. Each food item only counts once in the week, even if you eat it lots of times. Get the family involved and stick a chart on the fridge for every family member to see who can get to 30 in a week.

If you sprinkle a few walnuts on your oatmeal that counts as two plant foods – walnuts and oatmeal – **you do not have to count portions, or eat a specific amount** – just write down all the different plant foods that you eat in a week. If you happen to add almond milk to your oatmeal with walnuts, you now have three different plant foods at one meal! **Portion sizes DO NOT matter in this challenge.**



HOW TO GET STARTED

- **Choose a start date for your 7-day challenge sometime between May 30th and June 28th.**
- **Commit to writing down each time you consume a new or different plant food over the course of 7 days in a row. Use the attached chart to make this easy to do!**
- **See the chart for directions on how to fill it out, and how to submit a copy of your results for an educational tool to help you eat more plant foods.**


WHAT COUNTS AS A PLANT FOOD?

If the food comes from a plant **and is minimally processed**, it counts! Plant foods include all fruits and vegetables, legumes (peas, lentils, tofu and canned or dried beans), grains, milks made from nuts or grains, nuts and seeds.


Fruits and Vegetables

Strawberries,  blueberries, raspberries, tomatoes,  carrots, cucumbers, apricots, sweet potatoes, peaches, plums, melons, eggplant, lemons, lettuce, green beans, kale, broccoli, Brussels sprouts, cabbage, spinach, corn, Swiss chard, celery, beets, onions, cauliflower, cherries, bananas, mushrooms, parsnips, turnips, oranges, apples, rhubarb, leeks, pumpkin, green peas, peppers and more!


Legumes

Split peas, lentils, fava  pinto beans, chickpeas, mung beans, white beans, red beans, pinto beans, broad beans, red lentils, green beans, kidney beans, cannellini beans, lima beans, soy beans, tofu, and more!


Grains

Wild rice, dried corn and cornmeal,  barley, oats and oatmeal, quinoa, buckwheat, wheat, rye, millet, brown or white rice and rice milk, popcorn and more!

Nuts and Seeds

Cashews, pumpkin seeds, flax, hemp, chia, sunflower seeds, sesame seeds, tahini, almonds or almond butter or almond milk,  walnuts, Brazil nuts, coconut, pine nuts, pecans, pistachios, hazelnuts and more!

Herbs and Spices

Parsley, mint, sage, saffron, turmeric, thyme, basil, lemongrass, fennel, cumin, caraway, chili powder, cloves, coriander, ginger, nutmeg, paprika, rosemary,  cinnamon, chives, pepper, cardamom, oregano, lavender, ginger, dill and more!

Ultra-processed Foods like potato chips, fruit gummies and veggie straws **do not count** for this challenge!

30 Different Plant Foods Challenge

Waabgonii Giizis - Blossoming Moon

Name:

Starting Day/Date:

Ending Day/Date:

- Pick a 7-day period to write down each different plant food that you eat. One chart per person, please.
- Each time you eat a different plant food during the 7 days write it down.
- Take a picture or scan of your completed chart and email or send it to Charla Gordon in Community Health.
- We will reward all efforts, even if you do not reach 30 different plant foods, with something to help you eat more plants!

	May 30	31	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	June 28					

WHY IS THIS IMPORTANT?

Our gut microbiome is made up of the trillions of microorganisms and their genetic material that live in our intestinal tract. A healthy gut microbiome relies on large numbers of different bacterial species (the total number of bacterial species in our gut microbiome) and diversity (the number of individual bacteria from each of the bacterial species present in our gut microbiome) of bacteria. There are the good guys and the bad guys when it comes to bacteria and eating more plant foods helps the good bacteria get stronger and makes more of them. You can change your gut microbiota in a week with the foods that you eat.

As we learn more about the gut, we are beginning to understand the crucial role it plays in our overall health and wellbeing. A more diverse gut microbiome results in a more stable and resilient microbial community that is better equipped to powerfully protect our health and immunity. This includes lowering the risk of many common conditions which affect many of us like antibiotic use, lifestyle, dietary or lifestyle stressors or infection. health conditions like diabetes and as Crohn's disease or ulcerative colitis) microbial profile that lacks diversity.

The American Gut Study, the largest microbiome, found that people regularly plant foods (fruits, vegetables, grains, had a significantly more diverse fewer different plant foods a week.



In fact, people with some chronic inflammatory bowel disease (such have been shown to have a

published study to date of the human eating more than 30 different types of legumes, nuts and seeds) each week microbiome than those eating 10 or

So, the more different foods you can eat per week the better because promoting diversity in your gut is a really good move!

Sources:

<https://www.indi.ie/11-news/1458-the-30-different-plant-based-foods-per-week-challenge.html> - accessed June 24, 2021

<https://tghd.com.au/30-different-plants-in-7-days-challenge/> - accessed June 24, 2021

<https://rd2rd.com/downloads/30-plants-challenge/> - accessed June 24, 2021

[Why we should all be eating 30 plant foods a week - \(fodmapchallenge.com\)](https://fodmapchallenge.com/) – accessed May 24, 2022

Photo Credits:

https://en.wikipedia.org/wiki/Plant-based_diet - accessed June 24, 2021

<https://cdn.aarp.net/content/dam/aarp/health/healthy-living/2020/12/1140-healthy-gut-illo.imgcache.rev.web.900.518.jpg> - accessed June 24, 2021



This challenge is sponsored by LTBB Community Health as part of the Good Health and Wellness in Indian Country grant.

Have fun, be more physically active and eat more plants!